



TINY BITES TOTAL BIG CALORIES

You take the free doughnut with the 8-gallon minimum fill-up at the gas station.

Calories: 220=
52 minutes walking

One bite-size Snickers from the office candy jar is not much. It is bite-size!

Calories: 60=
13 minutes walking

At lunch, you ask for extra mayo on the hamburger; additional Tbsp of mayo.

Calories: 100=
21 minutes walking

Your office colleague offers you a fillet of his famous fried fish

Calories: 200=
48 minutes walking

On the way home, you stop by McDonalds for a junior cheeseburger to beat the boredom of the drive!

Calories: 295=
63 minutes walking

It has been a long day; you could use a beer

Calories: 139=
32 minutes walking

It's your turn to cook tonight, so while grilling you sample the sausage to make sure it's done.

Calories: 70=
15 minutes walking

You are watching TV at night. 1/2 cup of vanilla ice cream sounds good.

Calories: 140=
30 minutes walking

826 EXTRA calories per day!

Small steps towards change-
REDUCE intake by 100 calories per day
INCREASE steps by 2,000 per day

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www.ohp.nasa.gov
NASA Occupational Health

The energy expenditures are estimated based on:
*A 47 year old man,
*5'10", 188 lbs
*Walking at 3 mph

Adapted from: Food Talk, August 1997
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